

Step Three

Shared in the PSEC eNews email on June 7, 2022

We made a decision to turn our will and our lives over to the care of God as we understood him.

As addicts, our will and our lives were controlled by drugs affecting our total body, mind, and spirit. In recovery, we make a decision to turn our will and our lives over to the care of God as we understand Him. Addicts do not need to come from a religious background to take this step.

For the first time since that first high, we made a decision for ourselves. This decision implies action and is based on faith. We see miracles happening in the lives of clean addicts and the relief of letting go and letting God helps us to develop a life that is worth living.

Surrendering to the will of our Higher Power gets easier with daily practice. At times during our recovery, the decision to ask for God's help is our greatest source of strength and courage. Principles such as open-mindedness, willingness, and surrender are the keys to this step. Our fears are lessened and faith begins to grow. We are no longer fighting fear, anger, guilt, self-pity, or depression. We are slowly beginning to lose the paralyzing fear of hopelessness.

Addicts enjoy living clean, and want more of the good things recovery has to offer. Upon completion of this step, we are ready for our first, honest self appraisal and move on to Step Four.